

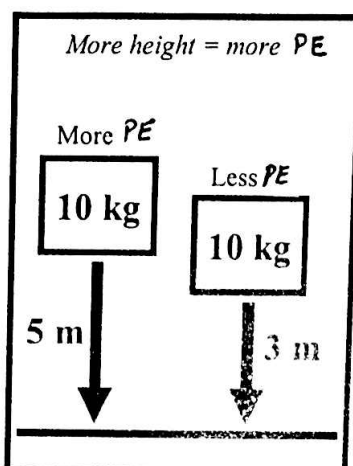
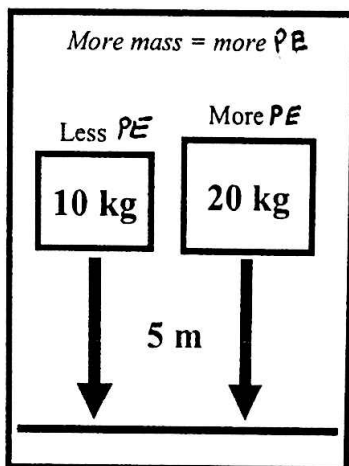
Name: _____
 Period: _____

Potential and Kinetic Energy

Potential Energy

Potential Energy is energy of position.

An object gets potential energy from height, mass and gravity. An object with potential energy has the **potential to do work**. This potential is only released if the object falls. The energy is then transformed into energy of motion or transformed into work.



Potential Energy (in Joules) → $PE = mgh$

mass (in kilograms) → m
 height (in meters) → h
 acceleration due to gravity (9.8 m/s^2) → g

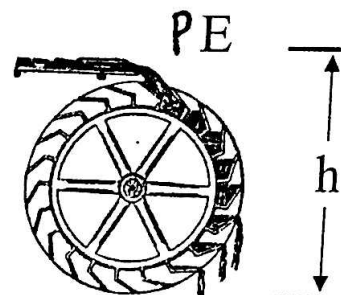
Potential energy equals mass times gravity times height.

Ex: How much potential energy does a 4 kg object have that is 5 meters off the ground?

$m = 4 \text{ kg}$
 $h = 5 \text{ m}$
 $g = 10 \text{ m/s}^2$
 $PE = ?$

$PE = mgh$
 $PE = (4 \text{ kg})(10 \text{ m/s}^2)(5 \text{ m})$
 $= (40 \text{ kgm/s}^2)(5 \text{ m})$
 $= 200 \text{ Joules}$

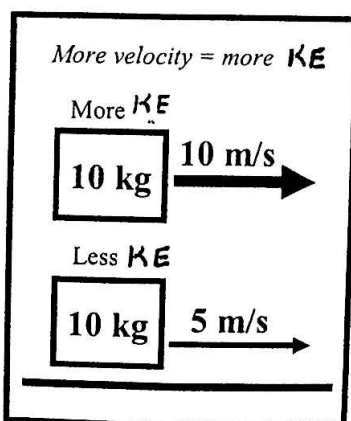
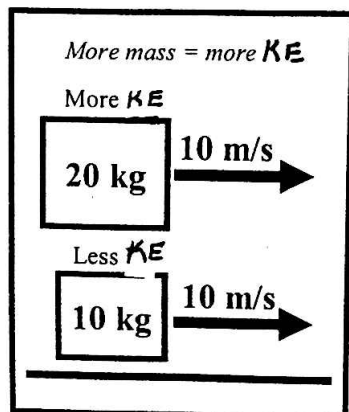
Potential energy helps us generate electricity in hydroelectric dams. When the water falls, gravity helps turn energy of height to electrical energy.



Kinetic Energy

Kinetic Energy is energy of motion.

An object gets kinetic energy from its mass and velocity. An object with kinetic energy has energy stored in motion. When the object slows down the energy is released into potential energy (if going up) or some other kind of energy (like heat [thermal energy] in the brakes of car).



Kinetic Energy (in Joules) → $KE = \frac{1}{2}mv^2$

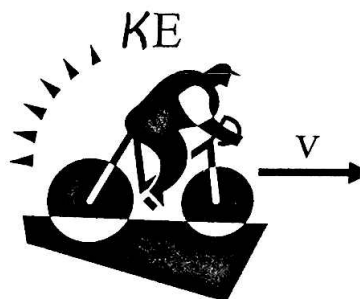
mass (in kilograms) → m
 velocity (m/s) → v

Kinetic energy equals one-half times mass times velocity squared.

Ex: How much kinetic energy does a 10 kg object traveling 3 m/s?

$m = 10 \text{ kg}$
 $v = 3 \text{ m/s}$
 $KE = ?$

$KE = \frac{1}{2}mv^2$
 $KE = \frac{1}{2}(10 \text{ kg})(3 \text{ m/s})^2$
 $= (5 \text{ kg})(9 \text{ m}^2/\text{s}^2)$
 $= 45 \text{ Joules}$



Kinetic energy helps you bike up a hill. The energy of motion helps you overcome gravity. The faster you are moving, the easier it is to get up a hill.

Name: _____

Period: _____

On problem below assume $g = 10 \text{ m/s}^2$

matching

matching

1. Force = _____		1. Kinetic Energy	
2. $v =$ _____	8 N	2. Potential Energy	B. How far above the ground an object is.
4. $h =$ _____	8 m	4. Joules	C. Energy of motion.
5. $E =$ _____	8 J	5. h	D. Units for energy
	8 m/s		E. Energy of position.
Potential (PE) or Kinetic (KE) Energy		Circle the one with more Potential Energy	
___ A car is traveling 45 mph.		A 25 kg mass or a 30 kg mass at the top of a hill?	
___ A rock is on a ledge 5 meters high.		A car at the top of the hill or the bottom of a hill?	
___ A car is resting at the top of a hill.		A plane on the ground or a plane in the air?	
___ A ball is thrown into the air and is still moving.		A full plane or an empty plane (both are flying)?	
___ A ball rolling on the ground.		A 4 kg rock is rolling 10 m/s. Find its kinetic energy.	
Circle the one with more Kinetic Energy		A 8 kg cat is running 4 m/s. How much kinetic energy does it have?	
___ A 25 kg mass or a 30 kg mass going 5 m/s.		A rolling ball has 18 joules of kinetic energy and is rolling 3 m/s. Find its mass.	
Two 10 kg masses, one going 75 m/s, one going 45 m/s.		A 4 kg bird has 8 joules of kinetic energy. How fast is it flying?	
A car at rest or a car rolling down a hill.			
A heavy bike or a light bike.			
Calculate the potential energy of a 5 kg object sitting on a 3 meter ledge.			
A rock is at the top of a 20 meter tall hill. The rock has a mass of 10 kg. How much potential energy does it have?			
A 25 kg object is 3 meters up. How much potential energy does it have?			
How high up is a 3 kg object that has 300 joules of energy?			